**NUT 10 Food Diary Project Assignment (4 Parts)**

**PART D: Reflection**

**PART D: Reflection** (worth **73.5** points): Due on Canvas: **Thursday, May 16th by 5 PM (PST)**

* + Upload your completed Food Diary Project Part D: Reflection assignment to Canvas\* (Microsoft Word file or PDF; must be typed)
  + **Lates accepted within 24 hours with an automatic 10-point deduction.**
  + Blank, handwritten, or assignments without Part C will be given a 0.

**Review our Plagiarism and Chat GPT policy located on the Canvas navigation before beginning your assignment. We do not allow Chat GPT and other AI software or translators as a resource to write your answers. Any of these responses will be given a 0 and reported to the Office of Student Support and Judicial Affairs.**

***Come to office hours now to get your questions answered—our instructional team will not be answering questions after 12 PM (PST) on the due date.***

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**This assignment will ask you about food sources for specific nutrients. These food sources must contain at least 10% of the daily value per serving to be considered. Make sure to review the course content to find examples and if you’re still unsure you can attend anyone’s office hours or use the USDA FoodData Central program:** [**https://fdc.nal.usda.gov/index.html**](https://fdc.nal.usda.gov/index.html)

If you don’t have any examples from your food records, you can list a food you can include.

**1: Macronutrient Reflection (pages 2-4) (25 points total)**

**Using your PART C: Calculations assignment, thoughtfully answer the questions below (limit to 50-400 words for the entire question [i.e., a-e]) and use specific food examples from your food records and typical eating pattern. Food examples must contain at least 10% of the daily value to be considered good/significant sources.**

1. Carbohydrate intake reflection: **(10 points)**

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| 1. **What was your average intake of fiber (grams)? Are you above or below the standard? (1 points)** |
| * **My average intake of fiber was 22 grams. The standard value is 38 grams, and my average intake is only 58% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **Using at least 2 specific examples from your food records, which foods contributed to your fiber intake? (2 points)** |
| * Fiber: **During these three days, I consumed apples and potatoes for my source of fiber intake. I basically consumed these two foods every day for breakfast to increase my fiber intake, but overall, I didn't eat much at each meal, so my average fiber intake was below standard. I usually consume these for breakfast because my breakfast is usually done in the school cafeteria where a lot of apple & potato foods are prepared. But I rarely eat these in my dorm room because these can easily fill me up and prevent me from eating other foods.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two dietary changes you could make to increase your fiber intake to meet recommendations? If you were already achieving the recommendations for fiber, include at least two dietary habits you can continue in the future. Please use specific food source examples you can incorporate or continue eating to achieve the recommendation. (2 points)** |
| 1. **I would make brown rice the main course of my dinner because brown rice has more fiber intake than white rice, which makes it easier for me to meet the standard value of fiber intake.** 2. **I will increase my consumption of beans at breakfast by making them a standard part of my daily breakfast, along with apples and potatoes to round out my breakfast food group. All of these foods are rich in fiber, which also makes it easier for me to meet the standard values for fiber intake.** |
| 1. **What was your average intake of added sugar (grams)? Are you above or below the standard? (1 points)** |
| * **My average intake of added sugar was 63 grams. The standard value is 50 grams, and my average intake is 126% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **Using at least 2 specific examples from your food records, which foods contributed to your added sugar intake? (2 points)** |
| * Added sugar: **During the three days, I consumed meatball pasta with coke as my source of added sugar intake. On average, I consume meatball pasta with coke for lunch every week to increase my sugar intake, and I eat more at each meal, so my average added sugar intake is higher than the standard. I usually finish my lunch in the university dining hall, where pasta and coke are often served, and I favor this food. But I rarely eat these at dinner, replacing them with more vegetable-based foods.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two dietary changes you could make to help lower your added sugar intake? If you were already below the limit for added sugar, include at least two dietary habits you can continue in the future.** **Please use specific examples of food sources of added sugar you can limit or continue to limit in order to achieve the recommendation. (2 points)** |
| 1. **In order to reduce my added sugar intake, I will eat more vegetable-based foods such as spinach or lettuce for my lunch and reduce the amount of pasta and meat to make my lunch a richer food group. It will also allow me to increase my intake of other nutrients and make it easier to reduce my added sugar intake.** 2. **On the other hand, it is more important to reduce the daily consumption of Coke because of its richness in sugar. I can replace it with apple juice or water which will also make my lunch healthier and reduce the excessive intake of added sugar.** |

1. Fat intake reflection: **(8 points)**

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| 1. **What was your average total fat intake (% of total calories)? Are you above or below the Acceptable Macronutrient Distribution Range (AMDR) (20-35%)? (1 point)** |
| * **My average total fat intake was 33%. The AMDR range is 20-35%, and my total fat intake is within the Acceptable Macronutrient Distribution Range.**   **Are you above, at (100%), or below the AMDR?** Above At  Below |
| 1. **Using at least 3 specific examples from your food records, which foods contributed to your total fat intake? (2 points)** |
| * Total fat: **Over the three days I consumed pork sausage, beef, and salmon as my total fat intake. I eat beef and salmon for dinner on average every week to increase my total fat intake, and I eat a regular amount of food at each meal, so my average total fat intake is within the standard range. I usually finish my dinner in the university dining hall, where pork sausage and salmon risotto are often available, both of which are my favorite foods. Sometimes, I also fry my own steak in my dorm room to increase my total fat intake.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What was your average saturated fat intake (grams)? Are you above or below the standard? (1 point)** |
| * **My average intake of saturated fat was 29 grams. The standard value is 20 grams, and my average intake is 145% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **Using at least 3 specific examples from your food records, which foods contributed to your saturated fat intake? (2 points)** |
| * Saturated fat: **During the three days, I consumed tiramisu cake, pork bacon, and cheese and sausage sandwiches as my sources of saturated fat. I usually eat cake for dessert every week for dinner, and I prefer pork bacon and cheesy sausage sandwiches for breakfast, so my average saturated fat intake is higher than the norm. Desserts were always so plentiful in the university dining hall that I would take a few pieces of cake back to my dorm room after dinner and share them with my friends. Pork bacon and cheese and sausage sandwiches were basically my standard breakfast every day, with coffee to fulfill my energy needs for the day.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are at least two improvements you could make in your diet in terms of the amount and category of fat (e.g. saturated fat, total fat, unsaturated fat), to help reduce your risk for heart disease? In your answer, give at least two specific examples of foods you could add, reduce, or substitute in your diet (2 points)** |
| 1. **I could use vegetable sandwiches as a breakfast staple and cut back on the bacon. This would allow me to reduce my intake of saturated fat, and replacing the cheese and sausage sandwich with a vegetable sandwich would also allow me to consume more different nutrients, providing a healthy standard of daily breakfast.** 2. **I can also reduce my pork consumption by replacing pork sausages with veggie sausages. This way I can reduce my total fat intake at dinner, and I can consume more veggie sausages to cut down on beef and control my total daily fat intake.** |

1. Protein intake reflection: **(7 points)**

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| 1. **What was your average protein intake (grams)? Are you above or below the standard? (1 point)** |
| * **My average intake of protein was 101 grams. The standard value is 60 grams, and my average intake is 168% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **Using at least 2 specific examples from your food records, which foods contributed to your complete protein intake? (2 points)** |
| * Complete proteins: **On all three days I consumed many complete proteins at breakfast lunch and dinner, these foods included beef, fish and eggs and pork, all of which served as my main intake of complete proteins. These foods were essentially my standard daily eating pattern and were consumed in relatively large quantities, so my average protein intake was well above the standard.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **Using at least 2 specific examples from your food records, which foods contributed to your incomplete protein intake? (2 points)** |
| * Incomplete proteins: **During the three days, I consumed relatively little incomplete protein, just some beans and vegetables, and sometimes I would eat some brown rice, which would contain some incomplete protein. In my daily diet, incomplete proteins make up a very small percentage of my eating pattern, and my daily intake is still mostly complete proteins.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **Give two examples of high-quality protein foods to incorporate in your eating pattern (these can be from your food records or additional sources). (2 points)** |
| 1. **I can use more fish in the meats I consume daily as a source of high-quality protein, such as salmon, which is rich in a wide range of nutrients and proteins and can be used in place of pork sausage for a better-quality nutritional intake.** 2. **On the other hand, I can get more high-quality protein by adding beans to my daily diet as a side dish, such as lentils, and by increasing the consumption of eggs at breakfast. This way I can also lose fat and increase my fiber intake.** |

**2: Micronutrient Reflection (pages 5-8) (36 points total)**

**Thoughtfully answer the questions below (limit to 50-200 words for the entire question [parts a-c]) and use specific food examples from your project and eating pattern (must include between 3-5 specific food examples). Food examples must contain at least 10% of the daily value per serving to be considered good/significant sources:**

1. Vitamin C reflection: **(6 points)**

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| 1. **What was your average vitamin C intake (mg)? Are you above or below the standard? (1 point)** |
| * **My average intake of vitamin C was 293 grams. The standard value is 90 grams, and my average intake is 326% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **What foods did you eat that contributed to your vitamin C intake? Include at least 3 examples. (2 points)** |
| * **During the three days, my vitamin C intake came mainly from potatoes, strawberries, and chili peppers. On average, I consumed potatoes for breakfast every day with chili sauce. And in the dorm, I would eat a little strawberry before bed, which is a fruit I really like. I basically have strawberries as a snack every week, so my average vitamin C intake is well above the norm.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two specific dietary ways you could improve your vitamin C intake so that it meets or slightly exceeds the standard** *(no supplements)***?****If you already met the standard, what are two things you would continue to do in the future? (3 points)** |
| 1. **I'll continue to use strawberries as my snack fruit to keep up with my daily intake of Vitamin C. It's one of my very favorite fruits to eat.** 2. **For breakfast, I would eat fewer potatoes and control my Vitamin C intake not to go far over the norm to avoid over-nutrition.** |

1. Sodium reflection: **(6 points)**

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| 1. **What was your average sodium intake (mg)? Are you above or below the standard? (1 point)** |
| * **My average intake of sodium was 4789 mg. The standard value is 2300 mg, and my average intake is 208% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **What foods did you eat that contributed to your sodium intake? Include at least 3 examples. (2 points)** |
| * **Over the course of the three days, my sodium intake came mainly from pizza, meatball pasta and sausage sandwiches. On average, I would consume a slice of pizza for dinner each day, on top of a meatball pasta. And for breakfast each day, I would often have a sausage sandwich with a cup of coffee or apple juice. This is basically my daily eating pattern, so my average sodium intake is higher than standard.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two specific dietary ways you could do to lower your sodium intake so that it’s below the standard? If you were already below the standard, what are two things you would continue to do in the future? (3 points)** |
| 1. **I would include more fresh fruits and veggies like apples or bananas on my breakfast and minimize my consumption of chili sauce to control excessive sodium intake.** 2. **On the other hand, I would try to reduce the amount of sodium-containing foods I consume on a daily basis, such as processed pizzas, and eat more fresh vegetable items to keep my daily sodium intake within the standard range.** |

1. Potassium reflection: **(6 points)**

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| 1. **What was your average potassium intake (mg)? Are you above or below the standard? (1 point)** |
| * **My average intake of potassium was 3575 mg. The standard value is 3400 mg, and my average intake is 105% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **What foods did you eat that contributed to your potassium intake? Include at least 3 examples. (2 points)** |
| * **During the three days, my main potassium intake came from potatoes, carrots, and spinach. On an average day, I eat carrots and potatoes as a side dish with pasta for lunch, and spinach as a side dish with beef, so my average potassium intake is not too far from the standard. When I cook for myself I basically saute meat and carrots together at every meal, which helps me get more carotenoids in.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two specific dietary ways you could improve your potassium intake so that it meets or slightly exceeds the standard** *(no supplements)***?****If you already met the standard, what are two things you would continue to do in the future? (3 points)** |
| 1. **I will continue to make spinach my main side dish at meals, especially when I eat fried noodles, spinach is my favorite vegetable and it’s not too expensive for me.** 2. **When I cook for myself, I will continue to use carrots as an ingredient in stir fry meats because eating carotenoid-rich foods alongside fat-rich foods releases the carotenoids better and allows me to maintain my daily potassium intake.** |

1. Calcium reflection *(while some other nutrients help to increase the absorption of calcium, please only focus on your calcium intake specifically)*: **(6 points)**

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| 1. **What was your average calcium intake (mg)? Are you above or below the standard? (1 point)** |
| * **My average intake of calcium was 779 mg. The standard value is 1000 mg, and my average intake is 78% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **What foods did you eat that contributed to your calcium intake? Include at least 3 examples. (2 points)** |
| * **During the three days, my calcium intake came mainly from spinach, salmon, and cheese. I averaged a piece of cheese in my breakfast sandwich each day, and at lunch I usually ate spinach and salmon together, but not in large quantities, so my average calcium intake was below standard.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two specific dietary ways you could improve your calcium intake so that it meets or slightly exceeds the standard** *(no supplements)***? If you already met the standard, what are two things you would continue to do in the future? (3 points)** |
| 1. **I would choose to boost my calcium intake by adding a calcium-containing dairy product to my daily breakfast, such as calcium-containing milk or yogurt.** 2. **On the other hand, I also keep eating more spinach or calcium-containing vegetables to get my calcium intake up to standard and control the balance with other nutrient intake.** |

1. Vitamin D reflection: **(6 points)**

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| 1. **What was your average vitamin D intake (IU)? Are you above or below the standard? (1 point)** |
| * **My average intake of vitamin D was 237 IU. The standard value is 600 IU, and my average intake is 40% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **What foods did you eat that contributed to your vitamin D intake? Include at least 1 example. (2 points)** |
| * **During the three days, my Vitamin D intake came mainly from cheese and salmon. On average, I included a piece of cheese in my breakfast sandwich each day, and at lunch I usually ate just two to three slices of salmon and paired it with spinach, not a lot in total, so my average Vitamin D intake was below the standard.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two specific dietary ways you could improve your vitamin D intake so that it meets or slightly exceeds the standard** *(no supplements)***?****If you already met the standard, what are two things you would continue to do in the future? (3 points)** |
| 1. **I would choose to include salmon or other Vitamin D rich fish foods in my dinner as well, as I prefer fish to beef and there helps with the absorption of more quality nutrients.** 2. **On the other hand, I also choose to increase my Vitamin D intake by adding soy milk to my daily breakfast so that I can meet the standard values.** |

1. Iron reflection *(while some other nutrients help to increase the absorption of iron, please only focus on your iron intake specifically)*: **(6 points)**

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| 1. **What was your average iron intake (mg)? Are you above or below the standard? (1 point)** |
| * **My average intake of iron was 17 mg. The standard value is 8 mg, and my average intake is 213% of the standard.**   **Are you above, at (100%), or below the standard?** Above At  Below |
| 1. **What foods did you eat that contributed to your iron intake? Include at least 3 examples. (2 points)** |
| * **During the three days, my iron intake came mainly from spinach, potatoes, and beef. On average, I included a certain number of potatoes for breakfast each day, and I usually ate spinach and beef together for lunch, and the university dining hall offered beef and spinach dishes most of the time, so my average iron intake was above the standard.**   **Are these foods you usually consume in your eating pattern?** Yes No |
| 1. **What are two specific dietary ways you could improve your iron intake so that it meets or slightly exceeds the standard** *(no supplements)***? If you already met the standard, what are two things you would continue to do in the future? (3 points)** |
| 1. **I would choose to keep the amount of beef and spinach I'm eating now because that's what's offered the most in the university dining hall, as well as spinach to help me absorb other quality nutrients and help with nutritional balance.** 2. **On the other hand, I also choose to reduce the number of potatoes I eat at breakfast to control the excess iron intake so that it can be near the standard.** |

**3: Activity & Eating Pattern Reflection (pages 8-9) (12.5 points total)**

**Thoughtfully answer the questions below (limit to 50-200 words for the entire question [parts a-b]) and use specific examples from your project and eating/activity pattern:**

1. Physical activity reflection: **(3 points)**

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| 1. **What physical activities do you enjoy doing? How has your physical activity level changed since being in college? Please provide a description of how your activity has changed or if your activity has stayed the same, please describe how it’s stayed the same. (2 points)** |
| * **I like to do cardio exercises such as running and cycling. Since college, I have had more free time to exercise outdoors than I did in middle school, so I now get plenty of cardio every weekend. What's more, I have met many friends in college who do aerobic exercise together and can encourage and share knowledge about exercise to improve their own workouts.** |
| 1. **What is one change you can make in the next month to prioritize being active? (1 point)** |
| * **In the next month, I will reschedule the time I do my homework so that I have more time to do outdoor sports on weekends and control the amount of food I eat every day. While doing physical exercise, I will use my watch to keep track of the data of each exercise so that I can plan my next aerobic exercise.** |

1. Eating pattern reflection: **(4.5 points)**

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| 1. **Thinking about what you have learned about your eating pattern from this project, pick one diet-related chronic disease discussed in the class** (i.e., heart disease, type 2 diabetes, cancer, osteoporosis, etc.) **and discuss your potential modifiable risk factors as they relate to your eating pattern and/or physical activity level** *(please do not include genetic factors in your discussion).* **Include at least TWO modifiable risk factors in your answer using specific examples from your project.** **(2.5 points)** |
| * Chronic disease: **heart disease** * Risk factor #1: **Excessive saturated fat intake** * Risk factor #2: **Lack of outdoor physical activity** |
| 1. **What are at least two changes discussed in the class in terms of diet and/or exercise and/or lifestyle you could make to decrease your risk for this specific chronic disease? (2 points)** |
| 1. **I will choose low-fat foods whenever possible to control my saturated fat intake and eat plenty of fresh fruits and vegetables to ensure that I get a variety of high-quality nutrients.** 2. **I believe that the quality of sleep is paramount for the heart, and consistently waking up early and going to bed early, and planning outdoor activities, provides a great deal of help in preventing heart attacks.** |

1. Goal setting: **(5 points)**

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| 1. **What are the strengths and areas for improvement of your current dietary pattern? Describe at least two specific strengths and two specific areas for improvement. (4 points)** |
| * **Strength #1:** **Have a good potassium intake** * **Strength #2:** **Have a good vitamin C intake** * **Area for improvement #1: Excessive intake of saturated fat** * **Area for improvement #2:** **Excessive sodium intake** |
| 1. **What is one goal you can set for yourself to improve your eating habits in the next month? (1 points)** |
| * **To improve my eating habits, I will plan to consume more low-fat foods in place of high-fat foods. On the other hand, I will also choose low-sodium products and eat more fresh fruits and vegetables to control sodium intake and increase the intake of various quality nutrients.** |

**Grading Rubric: Total Points Possible = 73.5 points**

**Detailed grading criteria for each question available on the Canvas rubric**

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| **Section** | **Question(s)** | **Full credit** | **Partial Credit** |
| Carbohydrate reflection | 1A | **1 point** | Must include average intake and describe how it compares to the standard (-0.5 for each) |
| 1B | **2 points:** Thoughtfully addresses all parts of the question | --no description of the foods that contributed to their fiber intake (-1 point)  --missing whether this is a usual part of their eating pattern (-1 point)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 1C | **2 points:** Thoughtfully addresses all parts of the question | --missing or incorrect dietary change for fiber intake (-1 for each missing change)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 1D | **1 point** | Must include average intake and describe how it compares to the standard (-0.5 for each) |
| 1E | **2 points:** Thoughtfully addresses all parts of the question | --no description of the foods that contributed to their added sugar intake (-1 point)  --missing whether this is a usual part of their eating pattern (-0.5 points)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 1F | **2 points:** Thoughtfully addresses all parts of the question | --missing or incorrect dietary change for added sugar intake (-1 for each missing change)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| Fat intake reflection | 2A | **1 point** | Must include average intake (-0.5 points) and describe how it compares to the standard (-0.5 points) |
| 2B | **2 points:** Thoughtfully addresses all parts of the question | --no description of the foods that contributed to their total fat intake; need at least 3 examples (-0.5 points per missing description)  --missing whether this is a usual part of their eating pattern (-0.5 points)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 2C | **1 point** | Must include average intake (-0.5 points) and describe how it compares to the standard (-0.5 points) |
| 2D | **2 points:** Thoughtfully addresses all parts of the question | --no description of the foods that contributed to their saturated fat intake; need at least 3 examples (-0.5 points per missing description)  --missing whether this is a usual part of their eating pattern (-0.5 points)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 2E | **2 points:** Thoughtfully addresses all parts of the question | --missing or incorrect dietary change for improving heart disease (-1 for each change)  --incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| Protein intake reflection | 3A | **1 point** | Must include average intake (-0.5 points) and describe how it compares to the standard (-0.5 points) |
| 3B | **2 points:** Thoughtfully addresses all parts of the question | --no description of the foods that contributed to their complete protein intake; need at least 2 examples (-1 points)  --missing whether this is a usual part of their eating pattern (-1 point)  -- incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 3C | **2 points:** Thoughtfully addresses all parts of the question | --no description of the foods that contributed to their incomplete protein intake; need at least 2 examples (-1 points)  --missing whether this is a usual part of their eating pattern (-1 point)  -- incorrect food listed or not a significant source (-0.5 for each incorrect food) |
| 3D | **2 points:** Thoughtfully addresses all parts of the question | Missing or incorrect high-quality protein example (-1 point for each) |
| Vitamin C, sodium, potassium, calcium, vitamin D, iron reflection  Questions 4-9 | A | **1 point** | Missing or incorrect average (-0.5 points)  Missing or incorrect comparison to standard (-0.5 points) |
| B | **2 points** | Incorrect food or missing food example or not a significant source (-0.5 point for each--max deduction -1.5 points)  Missing stating whether this is in usual eating pattern (-0.5 points) |
| C | **3 points** | Missing or incorrect dietary change (-1.5 for each missing or incorrect change) |
| Physical activity reflection | 10A | **2 points** | Doesn't identify at least one physical activity (-1 point)  Doesn't state how their activity has changed (-1 point)  Doesn't provide a description about how it's changed/why (-1 point) |
| 10B | **1 point** | Doesn't identify at least one positive change (-0.5 point) |
| Eating pattern reflection | 11A | **2.5 points** | Doesn't identify a diet-related chronic disease or identifies a disease that isn't a diet-related chronic disease (-0.5 point)  Doesn't describe at least two potential risk factors using specific examples from their project (-1 point each) |
| 11B | **2 points** | Doesn't identify at least two positive changes to decrease risk of the particular disease selected (-1 point each) |
| Goal-setting | 12A | **4 points** | Doesn't identify at least two strengths (-1 point each) and two areas for improvement (-1 point each) |
| 12B | **1 point** | Doesn't provide at least one positive goal related to their eating pattern (-1 point) |